

Tips for Teens

The Truth About Steroids

Anabolic ("building")-androgenic (masculinizing) steroids, commonly known as steroids, include the male hormone testosterone, and its artificial derivatives. Steroids are used for treatment of certain diseases such as specific types of anemia, some breast cancers, and testosterone deficiency.

Non-medical use of steroids is strictly illegal. However, because of their performance-enhancing and body-building properties, steroids have been illegally used by both athletes and nonathletes since the late 1950s to improve their athletic ability and to look better.

Steroids are taken orally or injected into the muscles. Both males and females use steroids, though males account for higher rates of use.

According to a recent study, adolescent steroid users also are likely to use other drugs and to share needles. People who inject steroids run the risk of acquiring HIV/AIDS from sharing needles.

***Steroids are not
all they're
stacked up to be!***

Side Effects

Numerous health hazards are associated with short-term use of steroids, many of which are reversible. Long-term effects are largely unknown, but there is growing concern over possible psychiatric effects.

Researchers report that steroid use can cause severe mood swings which can lead to violent behaviors. Users also may suffer from paranoid jealousy, extreme irritability, delusions, and impaired judgment stemming from feelings of invincibility. Fatalities due to suicides, homicides, liver disease, heart attacks, and cancer have been reported among illicit users.

Further, because the true quality of "off the street" steroids is not known, users place themselves at even greater risk for harm if they choose to use these.

Major side effects include:

- *Liver tumors
- *Jaundice

- *Fluid retention
- *High blood pressure
- *Severe acne
- *Yellowing of skin and eyes
- *Trembling
- *Weakening of tendons which may result in tearing or rupture

Males:	Adolescents:	Females
Testicular Shrinkage	Stunted growth due to damaged growth areas on ends of bones	Facial hair
Reduced sperm count		Irregular menstrual cycle
Infertility		Enlarged clitoris
Baldness		Deepened voice
Development of breasts		

True strength and beauty come from a combination of your physical, mental, and spiritual abilities naturally developed to their full potential; anything else is artificially induced

When you use steroids, you are not only cheating yourself, but you're also cheating everyone around you.

Facts for Girls/Women

Anabolic steroids make the tendons weak, and that may result in tearing or rupture of the tendon.

According to a recent survey, perception of the harmfulness of steroid use has decreased among both 12th graders and 8th graders. This fact is particularly disturbing because a person's usage of any substance is highly dependent on his or her understanding of how harmful it is.

Many professional athletes have ruined their careers and lives due to steroid use. Do you want to make that same mistake?

You have enough to worry about in life without adding the complications of steroids.



Resources

**American Academy of Sports Physicians
17113 Gledhill Street
Northridge, CA 91325
818-886-7891**

**American College of Sports Medicine
P.O. Box 1440
Indianapolis, IN 46206
317-637-9200**

**American Orthopedic Society for Sports
Medicine
2250 E. Devon Avenue
Suite 115
Des Plaines, IL 60018
708-803-8700**

**American Osteopathic Academy of Sports
Medicine
7611 Elmwood Avenue
Suite 201
Middleton, WI 53562
608-831-4400**

**Joint Commission on Sports Medicine and
Science
Oklahoma State University
Student Health Center
Stillwater, OK 74078
405-744-7031**

**National Clearinghouse for Alcohol and Drug
Information
P.O. Box 2345
Rockville, MD 20847-2345
1-800-729-6686**



To learn more about steroids or obtain referrals to programs in your community, contact:

**Resource Center
State of California
Department of Alcohol and Drug
Programs
1700 K Street, First Floor
Sacramento, CA 95814**

**(800) 879-2772 (California Only)
(916) 327-3728**

FAX: (916) 323-1270

TTY: (916) 445-1942

**Internet: <http://www.adp.ca.gov>
E-Mail: ResourceCenter@adp.ca.gov**

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